

# SUPER HERO MEALPLAN

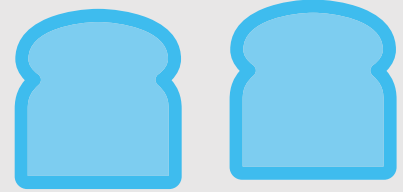
## DESIGN YOUR MEAL:

MEAL 1	A + B + C
MEAL 2	A + B + C
MEAL 3	A + B

**NO SNACKING!**



Add 1 cup of fruit  
peeled and sliced  
to one meals



Two slices of bread in  
total per day added to  
any meal

## **A** PICK TWO One Handful Each

- 01 Kale or lettuce
- 02 Cucumber or avocado
- 03 Tomato
- 04 Bell peppers
- 05 Broccoli
- 06 Cauliflower
- 07 Spinach
- 08 Zucchini or eggplant
- 09 Pumpkin
- 10 Mushrooms
- 11 Beetroot
- 12 Carrots
- 13 Leek or onion
- 14 Brussel sprouts
- 15 Green beans
- 16 Green peas / **HALF**

## **B** PICK ONE 1 Cup / 150g

- 01 Eggs
- 02 Chicken or Turkey
- 03 Port or Beef
- 04 Salmon
- 05 Sardines
- 06 Prawn or squid
- 07 Tempeh
- 08 Seitan
- 09 Chickpeas
- 10 Beans
- 11 Soybeans
- 12 Split peas
- 13 Plain yogurt
- 14 Cottage cheese
- 15 Feta cheese / **HALF**
- 16 Cheese / **HALF**

## **C** PICK ONE 1 Cup / 150g

- 01 Quinoa
- 02 Oats
- 03 Rice
- 04 Potatoes
- 05 Pasta or spaghetti
- 06 Corn
- 07 Buckwheat
- 08 Wheat
- 09 Barley
- 10 Rye
- 11 Bulgur
- 12 Lentils
- 13 Couscous
- 14 Chestnuts
- 15 Nuts / **HALF**
- 16 Seeds / **HALF**



**Minimum 4 HOURS  
Between Meals**